

UPDATE

STROKE: Know the Warning Signs

Every 53 seconds, someone in America experiences a stroke. Every 3.3 minutes, someone dies of one. Stroke is the 3rd leading cause of death and the #1 cause of serious, long-term disability. South Carolinians are at particular risk – South Carolina has the highest death rate from stroke in the nation!

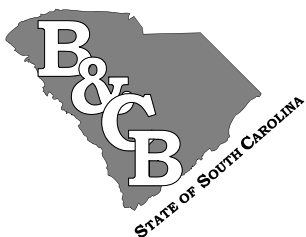
A critical step in surviving a stroke, which is a blockage of blood flow to the brain caused by a clogged or ruptured blood vessel, is speed. The American Stroke Association, a division of the American Heart Association, urges everyone to learn the warning signs and call 9-1-1 as soon as signs are evident.

WARNING SIGNS OF A STROKE:

- **□ Sudden numbness or weakness of face, arm or leg, especially on one side of the body**
- **□ Sudden confusion, trouble speaking or understanding**
- **□ Sudden trouble seeing in one or both eyes**
- **□ Sudden trouble walking, dizziness, loss of balance or coordination**
- **□ Sudden, severe headaches with no known cause**

Fast action is important. A new emergency treatment for stroke – a clot-busting drug called tissue plasminogen activator (tPA) – can reduce death and permanent damage but must be administered within 3 hours after symptom onset.

Call 1-888-4-STROKE or visit the American Stroke Association's website at www.StrokeAssociation.org to learn more about stroke. If you or someone you know has had a stroke, call the Stroke Connection "warmline" at **1-800-553-6321** for information on stroke recovery.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
Office of Insurance Services-Insurance Benefits Management
May 2000

